

Free Spirit

Frame It Quilt

Featuring BioGeo Energy by Adrienne Leban

Collection:	BioGeo Energy by Adrienne Leban
Technique:	Pieced
Skill Level:	Advanced Beginner
Finished Size:	60" x 64" (1.52m x 1.62m)

All possible care has been taken to ensure the accuracy of this pattern. We are not responsible for printing errors or the manner in which individual work varies. Please read the instructions carefully before starting this project. If kitting, it is recommended a sample is made to confirm accuracy.



Project designed by Lisa Swenson Ruble | Tech edited by Alison M. Schmidt

Fabric Requirements

DESIGN	COLOR	ITEM ID	YARDAGE
(A) LG Electrified	White	PWAL027.WHITE	1 yard (0.91m)
(B) Electrified	Red	PWAL028.RED*	1¾ yards (1.60m)
(C) LG Lightpoints	Midnight	PWAL029.MIDNIGHT	¼ yard (0.23m)
(D) Lightpoints	Blush	PWAL030.BLUSH	⅝ yard (0.57m)
(E) Wig Wag	Charcoal	PWAL031.CHARCOAL	¼ yard (0.23m)
(F) Snuggle	Multi	PWAL032.MULTI	⅓ yard (0.30m)
(G) Queen Bee	Black	PWAL033.BLACK	2 yards (1.83m)
(H) Royal Drone	Gray	PWAL034.GRAY	⅝ yard (0.57m)
(I) Whorls	Blue	PWAL035.BLUE	½ yard (0.46m)

* includes binding

Backing (Purchased Separately)

44" (1.12m) wide

Royal Drone Gray PWAL034.GRAY 3¾ yards (3.43m)

OR

108" (2.74m) wide

2 yards (1.83m)



(A)

(B)

(C)



(D)

(E)

(F)



(G)

(H)

(I)



Backing

44"

Additional Recommendations

- 100% cotton thread in colors to match
- 68" x 72" (1.73m x 1.83m) batting

Cutting

WOF = Width of Fabric, from selvage to selvage

LOF = Length of Fabric, parallel to selvage

- Subcut pieces from largest to smallest, using leftovers for smaller pieces, and trimming strip width down as directed, for most efficient use of fabric.
- Label cut pieces with border number listed in brackets (i.e. [B1]) for easier assembly.

Fabric A, cut:

- (1) 4" x WOF; subcut
 - (1) 4" square
 - (1) 3½" x 26½" [B4]
- (1) 3½" x WOF; subcut
 - (1) 3½" x 23½" [B4]
- (7) 3½" x WOF [B12]

Fabric B, cut:

- (7) 2½" x WOF for binding
- (13) 1½" x WOF; subcut
 - (2) 1½" x 38½" [B7]
 - (2) 1½" x 34½" [B7]
 - (2) 1½" x 32½" [B5]
 - (2) 1½" x 28½" [B5]
 - (2) 1½" x 24½" [B3]
 - (2) 1½" x 20½" [B3]
 - (2) 1½" x 18½" [B1]
 - (2) 1½" x 14½" [B1]
- (11) 1½" x WOF [B9, 11]

Fabric C, cut:

- (1) 3" x WOF; subcut
 - (1) 3" square
 - (1) 2½" x 34½" [B6]
- (1) 2½" x WOF; subcut
 - (1) 2½" x 30½" [B6]

Fabric D, cut:

- (1) 4" x WOF; subcut
 - (2) 4" squares
 - (1) 3½" x 22½" [B8]
- (3) 3½" x WOF; subcut
 - (3) 3½" x 22½" [B8]
- (1) 3" x WOF; subcut
 - (3) 3" squares and
 - (2) 2½" x 9½" [B2]
- (1) 2½" x WOF; subcut
 - (2) 2½" x 13½" [B2]

Fabric E, cut:

- (1) 3" x WOF; subcut
 - (1) 3" square
 - (1) 2½" x 34½" [B6]
- (1) 2½" x WOF; subcut
 - (1) 2½" x 30½" [B6]

Fabric F, cut:

- (1) 4" x WOF; subcut
 - (1) 4" square
 - (1) 3½" x 26½" [B4]
- (1) 3½" x WOF; subcut
 - (1) 3½" x 23½" [B4]

Fabric G, cut:

- (4) 5½" x LOF [B10]

Fabric H, cut:

- (1) 18½" x WOF; subcut
 - (1) 12½" x 18½"

Fabric I, cut:

- (1) 4" x WOF; subcut
 - (2) 4" squares
 - (1) 3½" x 15½" [B8]
- (2) 3½" x WOF; subcut
 - (3) 3½" x 15½" [B8]
- (1) 3" x WOF; subcut
 - (3) 3" squares
 - (4) 2½" x 5½" [B2]

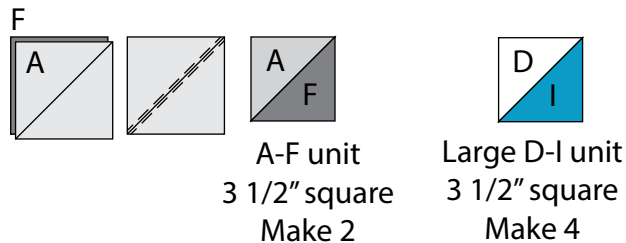
Instructions

All seam allowances are $\frac{1}{4}$ " and pieces are sewn right sides together. Press after each seam.

HST (half-square triangle) Unit Construction

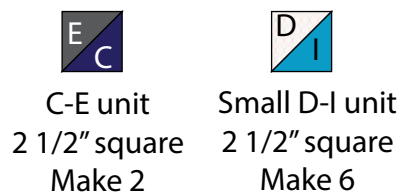
1. Draw a diagonal line on the wrong side of all the 4" **Fabric D** and **A** and 3" **Fabric D** and **E** squares. Layer a marked 4" **Fabric A** square right sides together with a 4" **Fabric F** square (**Figure 1**). Stitch $\frac{1}{4}$ " on each side of the drawn line and cut on the line to make (2) **A-F** units. Press open and trim to measure $3\frac{1}{2}$ " square, keeping the diagonal seam centered in the corners. In the same manner, using the marked 4" **Fabric D** and 4" **Fabric I** squares, make (4) Large **D-I** units.

Fig. 1



2. Repeat step 1 to make (2) **C-E** units, using 3" **Fabric E** and **C** squares, and (6) Small **D-I** units, using 3" **Fabric D** and **I** squares (**Figure 2**). Trim to measure $2\frac{1}{2}$ " square.

Fig. 2

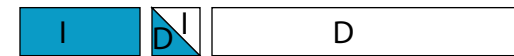


Quilt Top Assembly

Refer to the **Quilt Center** Layout diagram (page 7) to add Borders 1-5. Refer to the **Quilt Layout** Diagram (page 7) to add Borders 6-12.

3. Sew $1\frac{1}{2}$ " x $18\frac{1}{2}$ " **Fabric B** strips to opposite long sides of the $12\frac{1}{2}$ " x $18\frac{1}{2}$ " **Fabric H** rectangle. Sew $1\frac{1}{2}$ " x $14\frac{1}{2}$ " **Fabric B** strips to the top and bottom to complete Border 1.
4. Sew together (1) **Fabric I** $2\frac{1}{2}$ " x $5\frac{1}{2}$ " strip, (1) $2\frac{1}{2}$ " Small **D-I** unit, and (1) $2\frac{1}{2}$ " x $13\frac{1}{2}$ " **Fabric D** strip as shown to make Side Border 2 (**Figure 3**). Make (2). Sew to opposite long sides of the quilt center.

Fig. 3



Side Border 2 - Make 2

5. Sew together (1) **Fabric I** $2\frac{1}{2}$ " x $5\frac{1}{2}$ " strip, (2) $2\frac{1}{2}$ " Small **D-I** units, and (1) $2\frac{1}{2}$ " x $9\frac{1}{2}$ " **Fabric D** strip as shown to make a Top/Bottom Border 2 (**Figure 4**). Make (2). Sew to top and bottom of the quilt center.

Fig. 4



Top/Bottom Border 2 - Make 2

6. Sew $1\frac{1}{2}$ " x $24\frac{1}{2}$ " **Fabric B** strips to opposite long sides of the quilt center. Sew $1\frac{1}{2}$ " x $20\frac{1}{2}$ " **Fabric B** strips to the top and bottom to complete Border 3.

- Sew (1) **Fabric F** 3½" x 26½" strip to the left-hand side and (1) **Fabric A** 3½" x 26½" to the right-hand side of the quilt center. Sew (1) **A-F** unit to the right-hand end of (1) **Fabric F** 3½" x 23½" strip, matching fabrics, and sew to the top of the unit. Sew (1) **A-F** unit to the left-hand end of (1) **Fabric A** 3½" x 23½" strip, matching fabrics, and sew to the bottom of the unit to complete Border 4.
- Sew 1½" x 32½" **Fabric B** strips to opposite long sides of the quilt center. Sew 1½" x 28½" **Fabric B** strips to the top and bottom to complete Border 5.

Refer to the **Quilt Layout Diagram** (page 7) to add Borders 6-12.

- Sew (1) **Fabric E** 2½" x 34½" strip to the left-hand side and (1) **Fabric C** 2½" x 34½" strip to the right-hand side of the quilt center. Sew (1) **C-E** unit to the right-hand end of (1) **Fabric E** 2½" x 30½" strip, matching fabrics, and sew to the top of the quilt center. Sew (1) **C-E** unit to the left-hand end of (1) **Fabric C** 2½" x 30½" strip, matching fabrics, and sew to the bottom of the unit to complete Border 6.
- Sew 1½" x 38½" **Fabric B** strips to opposite long sides of the quilt center. Sew 1½" x 34½" **Fabric B** strips to the top and bottom to complete Border 7.
- Sew together (1) **Fabric I** 3½" x 15½" strip, (1) Large **D-I** unit, and (1) 3½" x 22½" **Fabric D** strip as shown, matching fabrics, to make Side Border 8 (**Figure 5**). Make (2). Sew to opposite long sides of the quilt center.

Fig. 5



Side Border 8 - Make 2

- Sew together (1) **Fabric I** 3½" x 15½" strip, (1) 3½" Large **D-I** unit, and (1) 3½" x 22½" **Fabric D** strip as shown, matching fabrics, to make Top/Bottom Border 8 (**Figure 6**). Make (2). Sew to top and bottom of the quilt center.

Fig. 6



Top/Bottom Border 8 - Make 2

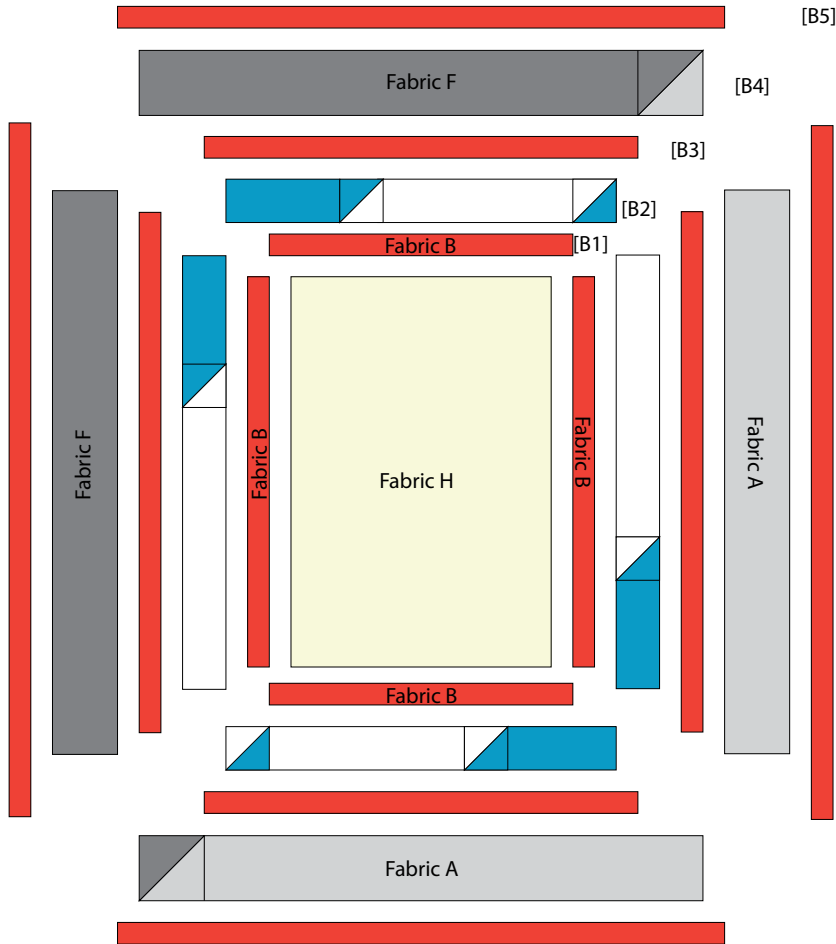
- Sew (11) **Fabric B** 1½" x WOF strips together end-to-end into a continuous strip and press open. Cut (2) each 58½", 54½", 46½", and 42½" lengths.
- Sew **Fabric B** 1½" x 46½" strips to opposite long sides of the quilt center. Sew **Fabric B** 1½" x 42½" strips to the top and bottom to complete Border 9.
- Note: If you do not wish to use mitered corners on the following border, measure the height of the quilt center, cut 2 pieces to fit from the strips below, and add in the same manner as the previous step. Measure the quilt center width, trim, and add the remaining strips in the same manner.
- Mark the centers of the top and bottom of the quilt center. Repeat to mark the center along the inner edge of 2 **Fabric G** 5½" x LOF border strips. Pin the top border to the top of the quilt center, matching the centers (strips are oversized to allow for mitered corners). Sew, beginning and ending the seam ¼" from the sides of the quilt center. Repeat to add the bottom border.
- Press the top and bottom borders away from the quilt center. Repeat the previous step to add the **Fabric G** side borders.

18. Fold the quilt top right sides together diagonally through a corner, making sure the **Fabric G** border seams are aligned from the folded corner outwards. Draw a 45° line extending from the fold on the border piece that is on top, then stitch on the line. Open the corner up to check from the right side that the miter will lay flat when pressed open, then trim seam allowance to ¼". Repeat the process to miter the remaining 3 corners. Press seam allowances open.
19. Sew **Fabric B** 1½" x 58½" strips to opposite long sides of the quilt center. Sew **Fabric B** 1½" x 54½" strips to the top and bottom to complete Border 11.
20. Sew all the **Fabric A** 3½" x WOF strips together end-to-end into a continuous strip and press open. Cut (4) 60½" lengths. Sew (2) border strips to the left and right sides of quilt center, and then sew the remaining (2) border strips to the top and bottom to complete the quilt top.

Finishing

21. Sew together all the 2½" x WOF **Fabric B** binding strips end-to-end using diagonal seams. Press the seams open. Press the binding strip in half wrong sides together.
22. Layer the backing (wrong side up), batting, and quilt top (right side up). Baste the layers together and quilt as desired. Trim excess batting and backing even with the top of quilt after quilting is completed.
23. Leaving an 8" tail of binding, sew the binding to the top of the quilt through all layers matching all raw edges. Miter corners. Stop approximately 12" from where you started. Lay both loose ends of binding flat along quilt edge. Where these two loose ends meet, fold them back on themselves and press to form a crease. Using this crease as your stitching line, sew the two open ends of the binding together right sides together. Trim seam to ¼" and press open. Finish sewing binding to quilt.
24. Turn the binding to the back of quilt and hand-stitch in place.

Quilt Center Layout



Quilt Layout

